

Fitness Classes

Mon Tue Wed Thur Fri Sat Sun

	8:30am Stretch & Sculpt Yoga Jasmine				8:00am Mountain Side Yoga Jasmine	
9:30am Hatha Yoga Barbara	9:00am Mountain Side Yoga Barbara		9:30am Cardio Flow Yoga Jasmine			9:30am Gentle Yoga Jasmine
	10:00am Slow Flow Yoga Jasmine	10:00am Zumba Jasmine			10:00 am Cardio Flow Yoga Jasmine	
11:15am Deep Water Workout Jasmine	11:15am Aqua Dance Jasmine	11:15am Deep Water Workout Jasmine	11:15am Pool Aerobics Jasmine			
		5:30pm Restorative Yoga with Aromatherapy Jasmine				5:30pm Restorative Yoga with Aromatherapy Jasmine

We kindly ask that you reserve your spot in class. Please stop by the spa or give us a call 802-362-7881 or ext. 881